



Connecticut LIFE Business July 2003

Colonic Institute cleans out for better health

By Mark Jayne

If you want to be forward-looking in your approach to good health, perhaps you should start by looking to the rear.

Or to be blunt, look to your rear, as in your colon. The oft-neglected system which passes digested food out of the body is more than a mere biological necessity. Its care can be a key to better health.

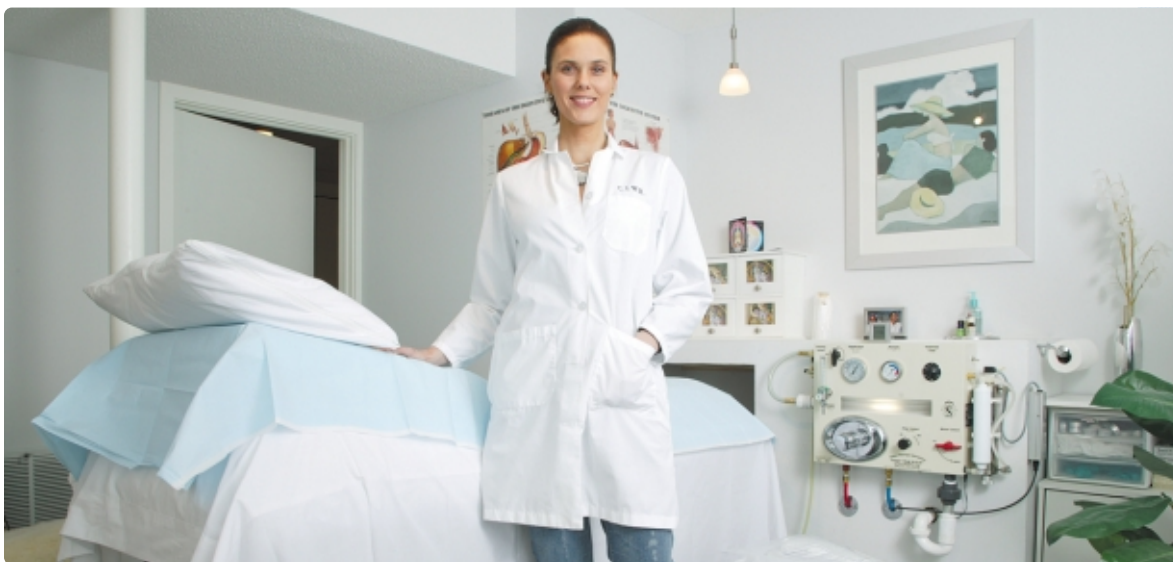
Just ask Ami Beach and Sonya Trojanowski, colleagues in a new business called the Colonic Institute of West Hartford. Both women are certified colon hydrotherapists and members of the International Association of Colon Hydrotherapy (I-Act).

Way back in the earliest days of medicine, Hippocrates believed that chronic disease came from self-poisoning caused by constipation. The use of colon cleansing, or enema, is recorded as far back as 14th century Egypt.

The Process so many modern people view as unpleasant really took off in the 17th century, when members of Parisian society had as many as four enemas a day to cleanse themselves internally.

An article in a 1917 issue of the Journal of American Medicine spoke of a physician who had treated more than 40,000 cases of gastrointestinal disease while resorting to surgery in only 20 cases. The rest were treated with bowel cleansing and changes in diet/or exercise.

"We don't expect people to completely change their diet," said Ms. Beach, who owns the Colonic Institute of West Hartford. >>>



Ami Beach, owner of the Colonic Institute of West Hartford, stands by her equipment in the treatment room.

"Everything is designed to make the experience as relaxing as possible for the client."

But she can offer advice on how to eat healthy and on how to know which foods go well together and which ones are best digested if eaten separately.

The treatment room in her facility is not unlike what one might find in a massage therapy studio, with the exception of the large piece of equipment with dials and gauges that warms and regulates water intake and removes fecal matter.

The client lies on his or her back on a treatment table, knees slightly bent, fully covered by a gown. The sound of the ocean plays in the background and you can choose soothing music of your liking. Special tabs keep the tube which is inserted into the rectum from falling out or coming loose. Candles add to the sense of relaxation.

All of the bedding, nozzles and related equipment are sanitized before use and much of it is disposed of immediately after the treatment. Ms. Beach places a major emphasis on ensuring her clients the ultimate in safety and cleanliness. A colonic treatment includes not only a gentle massage of the abdomen to stimulate the removal of encrusted fecal deposits, but foot and facial massage as well. Massaging the valves within the colon, Ms. Beach said “is like pushing a button” in terms of shaking waste matter loose for elimination.

Ms. Beach explained the difference between an enema and a colon treatment. The solution from an enema goes only about six inches into the rectum, while colon hydrotherapy fills the entire large intestines, all six feet of it, with warm, purified water.

A session last one hour, with about 40 minutes of that time spent in actual treatment. The colon is filled and drained multiple times until full cleansing is achieved.

“I use a slow-fill method...it allows your body

to assimilate what’s happening,” she said. “You actually feel the toxins being released.”

Another benefit is psychological. Most people store stress and trapped emotions in their gut. Colon hydrotherapy can release this stress and provide a sense of emotional, as well as physical renewal.

Most people reserve their treatments in a six-visit cycles. While even one colonic session is beneficial, Ms. Beach said you have to do more often than that to gain full benefit.



She said colon hydrotherapy “is much bigger in other parts of the world” and in Florida, Arizona and the West Coast. “It’s known as the forgotten art.”

She said Americans, still beset by their puritanical heritage, don’t like to talk about or deal with issues of defecation and colon health, but “in other cultures it’s not such a hush-hush thing. People go for facials and all this external stuff.” Why not take care of your insides as well?

Ms. Beach became interested in colon hydrotherapy when she was diagnosed with chronic fatigue syndrome (CFS). She learned how people with blocked digestive tracts can reabsorb toxins released during digestion back into their systems. A naturopathic physician suggested that she give colon therapy a try. >>>

“I was going from doctor to doctor (with out any improvement). I was spending thousands of dollars on medicine,” she said.

She explained that the colon serves as a sewer system of the body and is where we store our solid waste. Keeping it clean and healthy can reduce the risk of constipation, diarrhea or many serious diseases.

As Ms. Beach describes it, our colons are not unlike a pipe under the kitchen sink. Over time, gunk builds up along the circumference of the pipe, lodging there and narrowing the passage until something is done to clean the accumulated stuff out and restores the pipe to optimum flow. That’s what colon hydrotherapy does for the human body.

And just like that pipe, the encrusted build-up which exists inside even the healthiest and most active people needs to be periodically removed. She said we may well be carrying lingering bits of feces from food we ate 10, 15, 20 years ago.

In some case, several pounds of long-since digested food may still be inside our bodies. While she doesn’t promote colon hydrotherapy as a weight-loss program, it can help trim the waistline and make one feel slimmer.

Another way colonics can help you control your weight is improving overall bodily function. When the body digests and absorbs food and nutrients to maximum efficiency, it allows the person to maintain a healthy weight level with less effort.

She treats many people who, despite drinking plenty of fluids every day, suffer from dehydration. This is because their digestive system is operating at low efficiency due to an unhealthy colon and is unable to absorb these fluids into their bodies.

It’s difficult, if not impossible to avoid all of the toxins in our daily lives. There are pollutants in the air and water, pesticides and other chemical in our homes and places of work. Many Americans consume vast amount of fast food and junk food, processed food, even genetically engineered food.

When we don’t properly eliminate are toxins, all kinds of health problems can develop. These include; constipation, excess weight, bloating, gas, headaches, sinus problems, infections, insomnia, menstrual problems, prostate enlargement, depression, skin irruptions, yeast infections, fatigue and more.

Ms. Beach said, “colon cancer is the second leading cancer killer in the U.S.” While she does not claim that colon hydrotherapy can cure or prevent cancer, she suggests a healthy colon does give you a better chance of enjoying a healthy life.

Colon and digestive issues account for a huge amount of health care delivered in this country every year. She said that more than 200,000 colonoscopies are performed annually, an estimated 90 million Americans have some form of bowel or constipation problems, and more than 5 billion is spent by consumers on laxatives every year.

According to information provided by Ms. Beach, the best way to achieve a healthy balance is to eat fresh organic foods, drink plenty of pure water, engage in regular exercise, find ways to manage stress and engage in several bowels movements daily.

Stress, and losing the inner ability to adapt to it, breaks down the immune system and hinders proper digestion, absorption of nutrients and fluids, and elimination of waste. We also need to make sure we can purge ourselves of toxic acids which occur naturally within us as a byproduct of normal cellular breakdown. >>>

You might argue that the problem can more easily be resolved through the use of laxatives, but according to Ms. Beach, this upsets the digestive system and weakens the colon muscles, which can become dependent on these products. She said that is true for all kinds of laxatives, even those considered natural or herbal.

By contrast, the natural release of water infused during a colon hydrotherapy treatment actually helps to strengthen these muscles, she added.

In the August/September 2000 Townsend Letter for Doctors and Patients, one physician describes colon hydrotherapy as similar to cleaning baked-on lasagna from a pan. Just as it is hard to scrub the pan clean, it is hard to fully evacuate one's intestinal tract. Colon Hydrotherapy can remove mucous as well as caked-on fecal matter which contains bacteria and possible parasites.

Colon Hydrotherapy uses no drugs. Filtered and temperature-regulated water is introduced into the colon to soften and loosen waste matter, which is then evacuated through the natural means of peristalsis. This process is repeated a few times each session. This therapy is best used in combination with adequate nutrient and fluid intake and exercise. It is non-toxic and does not cause any physical discomfort. Water is introduced into the colon in small doses. During a session, the client may keep on most of his or her clothing and a gown or other form of a drape is worn to maintain modesty.

There are no odors or exposed bacterial waste; the system is closed. There is also "a viewing tube" where the client can see his or her waste product and the therapist can evaluate it.

The client can look at the viewing tube if he

or she so desires. Ms. Beach, said this reinforces the value of her service because "you can see the results, tangible results." Modern colon hydrotherapy equipment manufactured through compliances with strict federal guidelines and accountability. This equipment features temperature-controlled water mixing and back flow prevention valves, pressure and temperature sensors, built-in chemical sanitizing units and water purification units, and disposable rectal nozzles or speculae.

Ms. Beach said questions have been raised by critics that colonic therapy does damage by removing or upsetting the electrolyte balance in our bodies. She insists that is not the case.

The pH electrical balance in the colon is close to neutral, she said, because digestion does not take place.

Rather it is where fluid and electrolytes from the unformed stool which is moving into the colon from the small intestine are reabsorbed.

She said the majority of material released during a colonic treatment is formed stool that has already been purged of its fluids and electrolytes. The small amount of electrolytes which may be lost can easily be replaced from food and fluid we ingest.

Further, she said washing out old putrefied material increases intestinal flora, also known as "good bacteria". This can only breed in a healthy environment.

Colon hydrotherapy is not yet covered by health insurance plans. The cost per session ranges from \$75 to \$95 per treatment.

The Colonic Institute of West Hartford is located at 43 North Main Street. Call 521-8831 or via e-mail at colonics4life@aol.com. **WHL**

